

NY Sharks
2008-MR-Last Chance Meet Invitational
February 9-10-2008

Sanction The meet is sanctioned under USA Swimming and Metropolitan Swimming Inc.

Sanction # 080205

Hosted by New York Sharks

Location: *Felix Festa Middle School Clarkstown, NY*
30 Parrott Road, West Nyack, NY 10994

Warm-ups: Metro warm -up procedures will be in effect for this meet. Pool will be used for general warm-ups with feet first entry only. The back pool will be open for warm up / cool down.

Meet marshals will be on deck to enforce warm-up procedures.

Facility: 8 lane 25-yard pool with non-turbulent lane dividers. Daktronics timing system will be used. 8 lane Daktronics timing scoreboard will be used.

Hy-Tek meet manager computer will be used to conduct the meet.

Format: All events are time finals. Entries are on a first come first served basis and also include Teams entering all sessions will have priority over teams not entering the entire meet. Then the meet will be cut to maintain the 4-hour time limit by time. All entries exceeding this limit will be returned.

Please include e-mail address.

All registered Metro teams and all teams from other LSC's are invited.

ALL ENTRIES MUST BE ON HY-TEK DISK AS PER METRO RULES !

The USA Swimming Code of Conduct is in effect for the duration of the meet.

Entry limit: Swimmers will be limited to **3 events per session**.

Scratches: Coaches will receive a list of swimmers by session. Swimmers must be scratched 30 minutes prior to the start of the session

Entry Fees: \$3.00 (Three dollars) per event

Entry fee payment must accompany entries. Make checks payable to **New York Sharks**

Swimmers with disabilities are encouraged to attend. Contact the meet director

Robert Ficarelli at [Last Chance Meet 2008](#), if you need special consideration.

Teams that are entering the NY Shark's Last Chance Meet 2008 must call 914-772-2959 and 845-918-1386 and leave a message stating their name, team name, phone number, and date the entries were sent. This is NOT a guaranty that you are in the meet, only that your entries were sent. Team's will be sent an acknowledgement as soon as possible. Teams that send entries but do not call will NOT be entered.

Mail Entries:

NY Sharks
60 Lackawanna Trail
Suffern, NY 10901

FED EX, UPS, AND EXPRESS MAIL MUST SIGN SIGNATURE WAIVER!

Email entries: [Last Chance Meet 2008](#) and also to TLangenmay@AOL.Com

Phone #, Email address and name of contact MUST be included in contact info.

NT's will NOT be accepted.

Entries **MUST** be sent on Hy-Tek disk. Please include a printout. Include phone #, Email address and name of contact. Entry Files may be e-mailed, however, waiver and payment must be received by entry deadline for entries to be recognized.

NY Sharks reserve the right to enter their swimmers regardless of times. No deck entries will be allowed.

Admission: \$5.00 per person and Programs \$3.00 per person

Parking: Free parking on campus.

Spectators: Only swimmers, coaches and officials will be allowed on deck. Everyone else must remain in the spectator area.

REGULATIONS PROHIBIT SMOKING IN ANY BUILDING ON *Felix Festa Middle School* AND WITHIN 50 FEET OF ANY ENTRANCEWAYS.

NO FOOD IS ALLOWED ON DECK. LIQUID REFRESHMENTS MAY BE CONSUMED FROM PLASTIC BOTTLES. NO GLASS OR JUICE BOXES ARE ALLOWED

Concessions: the meet host will serve food and beverages.

Insurance: All swimmers must be currently registered with USA swimming. Unregistered or Improperly registered entries will be scratched as per metro rules. It will be the responsibility of the athlete's coach to correct registration issues.

Rules: Current USA Swimming rules will govern this meet.

Age: Age group will be determined by the swimmer's age as of the first day of the meet.

Awards: Medals 1st-3rd place and ribbons 4th-8th places in all age groups. Awards will be given only to a coach or team representative at the end of each session.

All awards for each team must be picked up.

No awards will be mailed, except in case of computer failure.

Any officials interested in helping out at the meet, please contact Tina Ficarelli at mommiefic@yahoo.com

Directions

From New Jersey

1. Take the Garden State Parkway I New Jersey or Rte 287 North in New Jersey.
2. Either highway joins the New York State Thruway (Route 87). Follow signs for New York State Thruway South toward Tappan Zee Bridge.
3. Exit the NY State Thruway at exit 13N (Palisades Parkway North).
4. Exit the Palisades Parkway at Exit 10.
5. Follow to the end of the ramp and make a right at the light onto Germonds Road.
6. Take Germonds to next light and cross over Route 304.
7. Go straight on Germonds Road.
8. Head straight onto Parrott Road.
9. Entrance to building will be on your left.

Alternate from New Jersey:

Take the Palisades Parkway North from Fort Lee (instead of the GSP or Route 287).
Then follow from #4 above.

From New York City

Take the George Washington Bridge to the Palisades Parkway North.
Then follow from # 4 above.

From Westchester County Vicinity

Take the Tappan Zee Bridge. Follow the New York State Thruway North (Route 87) to exit 13N, Palisades Parkway North.
Then follow from #4 above.

From North of Rockland County

Take the New York State Thruway South (Route 87) to exit 13N Palisades Parkway North.
Then follow from # 4 above.

Alternate from North of Rockland County:

Take the Palisades Parkway South from the Bear Mountain vicinity to exit 10.
Then follow from #4 above

[Mapquest](#)

NY Sharks
Last Chance Meet Invitational
February 9-10-2008

Saturday, February 9, 2008
Warm-up 7:30 am Start 8:30 am

GIRLS	EVENT	BOYS
1	13-14 200 YD. BACK	2
3	OPEN 200 YD. BACK	4
5	13-14 200 YD. IM	6
7	OPEN 200 YD. IM	8
9	13-14 100 YD. BREAST	10
11	OPEN 100 YD. BREAST	12
13	13-14 100 YD. Free	14
15	OPEN 100 YD. FREE	16
17	13-14 100 YD. FLY	18
19	OPEN 100 YD. FLY	20

Saturday, February 9, 2008
Warm-up 1:30 pm Start 2:30 pm

GIRLS	EVENT	BOYS
21	10 & Under 100 YD. BACK	22
23	11-12 100 YD. BACK	24
25	10 & Under 100 YD. IM	26
27	11-12 200 YD. IM	28
29	10 & Under 50 YD. BREAST	30
31	11-12 50 YD. BREAST	32
33	10 & Under 100 YD. FREE	34
35	11-12 100 YD. FREE	36
37	10 & Under 50 YD. FLY	38
39	11-12 50 YD. FLY	40

NY Sharks
Last Chance Meet Invitational

Sunday, February 10, 2008

Warm-up 7:30 am Start 8:30 am

GIRLS	EVENTS	BOYS
41	13-14 200YD FREE	42
43	OPEN 200YD FREE	44
45	13-14 200 YD FLY	46
47	OPEN 200 YD FLY	48
49	13-14 100 YD BACK	50
51	OPEN 100 YD BACK	52
53	13-14 200 YD BREAST	54
55	OPEN 200 YD BREAST	56
57	13-14 50 YD FREE	58
59	OPEN 50 YD FREE	60

Sunday, February 10, 2008

Warm-up 1:30 pm Start 2:30pm

GIRLS	EVENTS	BOYS
61	10 & Under 200 YD FREE	62
63	11-12 200 YD FREE	64
65	10 & Under 100 YD FLY	66
67	11-12 100 YD FLY	68
69	10 & Under 50 YD BACK	70
71	11-12 50 YD BACK	72
73	10 & Under 100 YD BREAST	74
75	11-12 100 YD BREAST	76
77	10 & Under 50 YD FREE	78
79	11-12 50 YD FREE	80

Metro Swimming

2008 Age Group & Senior Mets Time Standards

Short Course

Age Group not faster than	Silver	JO	ZONE Q.	EVENT	ZONE Q.	JO	Silver	Age Group not faster than	
GIRLS 10 & UNDER					BOYS 10 & UNDER				
32.10	32.10- 36.69	32.09	31.09	50 Free	30.99	32.09	32.10- 36.69	32.10	
1:11.50	1:11.50-1:21.49	1:11.49	1:08.09	100 Free	1:08.99	1:11.59	1:11.60-1:21.49	1:11.60	
2:36.00	2:36.00-2:55.59	2:35.99	2:28.99	200 Free	2:27.99	2:39.99	2:40.00-2:55.59	2:40.00	
---	6:45.00-7:14.99	6:44.99	6:30.49	500 Free	6:27.99	6:44.99	6:45.00-7:14.99	---	
38.00	38.00- 44.39	37.99	36.49	50 Back	36.69	37.99	38.00- 44.39	38.00	
1:22.20	1:22.20-1:40.09	1:22.19	1:17.99	100 Back	1:18.59	1:22.19	1:22.20-1:40.09	1:22.20	
43.00	43.00- 50.09	42.99	41.99	50 Breast	42.09	43.99	44.00- 50.09	44.00	
1:34.00	1:34.00-1:51.39	1:33.99	1:31.99	100 Breast	1:33.99	1:35.99	1:36.00-1:51.39	1:36.00	
37.10	37.10- 45.39	37.09	34.79	50 Fly	34.99	36.79	36.80- 45.39	36.80	
1:28.00	1:28.00-1:40.99	1:27.99	1:21.99	100 Fly	1:21.99	1:27.99	1:28.00-1:40.99	1:28.00	
1:21.00	1:21.00-1:31.59	1:20.99	1:17.99	100 IM	1:17.49	1:21.99	1:22.00-1:31.59	1:22.00	
2:56.00	2:56.00-3:19.99	2:55.99	2:48.99	200 IM	2:45.99	2:59.99	3:00.00-3:19.99	3:00.00	
GIRLS 11-12					BOYS 11-12				
28.70	28.70- 32.49	28.69	27.99	50 Free	27.69	28.69	28.70- 32.49	28.70	
1:02.30	1:02.30-1:11.39	1:02.29	1:00.29	100 Free	59.59	1:02.29	1:02.30-1:11.59	1:02.30	
2:15.50	2:15.50-2:31.89	2:15.49	2:11.99	200 Free	2:11.69	2:15.49	2:15.50-2:32.89	2:15.50	
6:04.00	6:04.00-6:35.79	6:03.99	5:57.99	500 Free	5:55.99	6:03.99	6:04.00-6:41.99	6:04.00	
33.30	33.30- 39.09	33.29	32.69	50 Back	32.49	33.49	33.50 - 42.19	33.50	
1:11.60	1:11.60-1:24.99	1:11.59	1:09.49	100 Back	1:08.79	1:11.59	1:11.60-1:25.79	1:11.60	
---	2:36.00-2:59.99	2:35.99	2:30.59	200 Back	2:31.99	2:37.99	2:38.00-2:59.99	---	
37.20	37.20- 44.29	37.19	36.59	50 Breast	37.09	38.09	38.10- 43.79	38.10	
1:20.50	1:20.50-1:34.59	1:20.49	1:19.99	100 Breast	1:21.99	1:24.09	1:24.10-1:31.89	1:24.10	
---	2:56.00-3:19.99	2:55.99	2:50.59	200 Breast	2:54.99	2:59.99	3:00.00-3:19.99	---	
31.80	31.80- 37.19	31.79	31.09	50 Fly	30.59	32.09	32.10- 39.69	32.10	
1:12.40	1:12.40-1:29.19	1:12.39	1:10.99	100 Fly	1:09.49	1:13.49	1:13.50-1:28.99	1:13.50	
---	2:40.00-2:59.99	2:39.99	2:37.99	200 Fly	2:36.99	2:39.99	2:40.00-2:59.99	---	
1:11.50	1:11.50-1:21.69	1:11.49	1:10.69	100 IM	1:09.99	1:12.29	1:12.30-1:22.59	1:12.30	
2:32.30	2:32.30-2:54.09	2:32.29	2:29.69	200 IM	2:28.59	2:34.59	2:34.60-2:59.09	2:34.60	
---	5:28.00-5:59.99	5:27.99	---	400 IM	---	5:27.99	5:28.00-5:59.99	---	
GIRLS 13-14					BOYS 13-14				
27.00	27.00- 30.19	26.99	26.79	50 Free	24.69	25.69	25.70- 28.29	25.70	
58.50	58.50-1:06.09	58.49	58.19	100 Free	54.59	55.99	56.00-1:02.59	56.00	
2:08.00	2:08.00-2:22.99	2:07.99	2:06.49	200 Free	1:59.99	2:01.99	2:02.00-2:24.09	2:02.00	
5:36.00	5:36.00-6:05.59	5:35.99	5:31.99	500 Free	5:22.99	5:32.09	5:32.10-6:05.99	5:32.10	
---	---	11:09.99	11:09.99	1000 Free	10:45.99	10:45.99	---	---	
---	---	---	19:09.99	1650 Free	18:19.99	---	---	---	
1:07.90	1:07.90-1:18.29	1:07.89	1:05.99	100 Back	1:02.99	1:04.99	1:05.00-1:19.49	1:05.00	
2:25.00	2:25.00-2:48.99	2:24.99	2:21.49	200 Back	2:15.99	2:18.99	2:19.00-2:41.49	2:19.00	
1:16.50	1:16.50-1:26.79	1:16.49	1:15.49	100 Breast	1:11.59	1:14.49	1:14.50-1:24.49	1:14.50	
2:43.00	2:43.00-3:02.99	2:42.99	2:40.59	200 Breast	2:35.59	2:42.99	2:43.00-2:59.99	2:43.00	
1:06.70	1:06.70-1:14.59	1:06.69	1:05.69	100 Fly	1:01.19	1:03.99	1:04.00-1:14.99	1:04.00	
2:31.00	2:31.00-2:42.59	2:30.99	2:25.79	200 Fly	2:23.99	2:29.99	2:30.00-2:38.59	2:30.00	
2:25.00	2:25.00-2:47.79	2:24.99	2:21.99	200 IM	2:15.99	2:18.99	2:19.00-2:38.99	2:19.00	
5:07.00	5:07.00-5:38.99	5:06.99	4:59.99	400 IM	4:50.99	4:57.99	4:58.00-5:22.79	4:58.00	
GIRLS 15-18					BOYS 15-18				
26.60	26.60- 28.49	26.59	26.29	50 Free	23.49	23.79	23.80- 26.59	23.80	
57.80	57.80-1:03.59	57.79	57.19	100 Free	51.29	52.29	52.30- 57.49	52.30	
2:04.50	2:04.50-2:16.59	2:04.49	2:02.49	200 Free	1:53.49	1:54.99	1:55.00-2:01.89	1:55.00	
5:32.00	5:32.00-5:54.99	5:31.99	5:27.99	500 Free	5:09.99	5:19.99	5:20.00-5:29.99	5:20.00	
---	---	---	11:09.99	1000 Free	10:45.99	---	---	---	
---	---	19:09.99	19:09.99	1650 Free	18:19.99	18:19.99	---	---	
1:06.50	1:06.50-1:13.09	1:06.49	1:05.49	100 Back	59.49	1:00.49	1:00.50-1:06.89	1:00.50	
2:24.00	2:24.00-2:35.29	2:23.99	2:20.99	200 Back	2:09.99	2:13.09	2:13.10-2:22.89	2:13.10	
1:15.60	1:15.60-1:23.89	1:15.59	1:13.99	100 Breast	1:07.49	1:08.49	1:08.50-1:13.89	1:08.50	
2:43.00	2:43.00-2:56.99	2:42.99	2:37.89	200 Breast	2:29.99	2:31.99	2:32.00-2:42.79	2:32.00	
1:05.50	1:05.50-1:12.59	1:05.49	1:04.49	100 Fly	57.19	58.99	59.00-1:05.59	59.00	
2:30.00	2:30.00-2:39.99	2:29.99	2:24.99	200 Fly	2:15.99	2:18.99	2:19.00-2:30.99	2:19.00	
2:22.10	2:22.10-2:43.09	2:22.09	2:19.99	200 IM	2:08.59	2:10.99	2:11.00-2:33.79	2:11.00	
5:05.00	5:05.00-5:36.29	5:04.99	4:59.99	400 IM	4:41.99	4:45.99	4:46.00-4:58.89	4:46.00	